

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

GILES S. PORTER, M.D., Director

Weekly Bulletin

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EDITOR

Children Gain Under Community Feeding

Since lowered social and economic conditions have prevailed many communities have engaged in activities leading toward the provision of food to undernourished children. It is probable that never before have so many children within individual communities received such careful supervision over their diets. Official and unofficial organizations have taken direct action in the provision and maintenance of food budgets which are designed not only to sustain life but to stimulate normal child growth and development.

It is difficult to make an evaluation of the nutritional status of the general population and it is easy to make false deductions from a few factors which may not represent the whole picture. In the elementary school population, however, there is a group which may be considered as representative and which affords the basis for proper judging of efforts to provide sufficient nourishment for all.

Dr. John J. Sippy, Health Officer of the San Joaquin Health District, at Stockton, has made a tabulation of results in one nursing district within which are four Stockton schools and one rural school. Nineteen hundred and ninety children in the five schools have been weighed each month and rated according to accepted tables of average height and weight. When this procedure began in September of 1932, 288 children (14.4%) were underweight to the extent of 10 per cent, or more. Percentages of underweight in the same month of four previous years in this same school group are as follows:

1928	15.0 per cent
1929	14.5 per cent
1930	16.9 per cent
1931	16.7 per cent

Dr. Sippy's report follows:

"Overactivity and irregularity of habits or hours of rest and sleep influence child growth to a considerable extent, and since summer vacations lend themselves to these factors they must be considered as well as the factor of food. Migration and changes of population must also be given consideration. Since all of these were fairly constant during the five year period, any notable increases or decreases may reasonably be attributable to changes in food economics or supplies, and if such is the case, it would seem that despite the increase of underweight in 1930 and 1931 community assistance in the adjustment of family living had by 1932 resulted in a restoration of the predepression status in child health and nutrition.

"Of the 288 underweight children in the September measurements, 161 were 10 to 14 per cent and 127 were 15 per cent or more under average standards. All school children are weighed and measured monthly and their progress noted carefully by teachers and nurses. It is interesting to note, therefore, that at the beginning of the February semester, the number of underweights had decreased to 208, a 28 per cent decrease from the September group and constituting only 10.5 per cent of the total enrollment.

"It is even more interesting to observe that the greatest decrease of underweight occurred in the group who were 15 per cent or more under average. These are the children who, in addition to special instructions for feeding, were recommended for, and the great majority of whom received, from 20 to 40

minutes of cot rest during the school recreation periods, and whose parents made special efforts to provide additional rest at home. The number of this group dropped from 127 to 39, a result which indicates the value of the school rest regime which the Board of Education approved and instituted two years ago.

"Of the total group, only ten had actually lost weight between September and February, 263 had gained more than seven pounds each (some as much as 15 to 18 pounds) while 1223 had gained from one to seven pounds, and the rest remained more or less stationary.

"In the present economic situation, these findings should afford gratification to the various welfare agencies who are making strenuous efforts for an equable distribution of food. Parent-Teachers Associations, civic organizations, the Christmas Seal Fund and individuals who have supplemented home food budgets by cafeteria meals and free milk distribution in the five schools mentioned can well realize what their efforts mean, for while perhaps we may not have made all the gains to which child life is entitled, we have at least not lost ground and may face a prospective better era with renewed hope of progress."

SUBCULTURES REQUIRED IN COCCIDIOIDAL GRANULOMA

The State Board of Public Health, at its regular meeting, held April 22, 1933, amended its laboratory regulations to provide for the submission of subcultures to assist in the establishment of diagnoses in cases suspected of coccidioidal granuloma. The amendment reads as follows:

"Regulation 13-A. Whenever a laboratory reports the diagnosis of coccidioidal granuloma or infection by coccidioides immitis, a subculture shall be sent to the State Bureau of Laboratories at Berkeley, together with such facts regarding the case as may be known."

Professor Edwin B. Wilson of Harvard summarized much wisdom in his general considerations of growth and nutrition. He finds we can have no intelligent program of eugenics until we know what kind of people we want; and if we were agreed upon that point we should still lack knowledge of heredity to advance the race or family. Biologists must fill in many vacancies in fact before physicians and sociologists can do more than accept heredity, aid the heritages and adjust the growing child to its environment. That certain kinds of beings should not be reproduced, that the inferior are outbreeding the superior, and that voluntary restriction of births is widely but not wisely practiced are equally recognized. As for the relation of child labor, war and other sociologic factors, we must confess that correlations can not be implicitly trusted, though the effect of unsuitable work on growth is an obvious fact in individual instances.—Haven Emerson, M. D., *The Survey*.

SACRAMENTO ISSUES HEALTH REPORT

Dr. Herbert F. True, City Health Officer of Sacramento, has just issued the annual report of the Sacramento City Health Department for the year 1932. The work of the department is organized into eleven divisions, each of which comprises standard activities in public health administration. Each division has issued a separate report, which is incorporated in the report for the whole department.

The control of communicable diseases was particularly effective during 1932. There were no cases of poliomyelitis, septic sore throat, smallpox, or tular-emia. Less than half as many cases of mumps, whooping cough, epidemic meningitis and diphtheria occurred in 1932 as in 1931.

Perhaps the most striking health advance during the year is shown in the phenomenal drop in the infant mortality rate from 58.4 to 46.1, which is the lowest infant mortality rate that has ever been recorded in Sacramento.

Caring for impoverished citizens—their living conditions and their nourishment—constituted one of the main objectives. In spite of the consistent endeavors that were exerted, however, pneumonia exacted a greater toll in human lives than heretofore. The health department is fortunate in having the Sacramento Council of Social agencies closely allied with it. This council consists of 46 organizations and it renders valuable aid. The health officer states that it is true that evidences of the ill effects of the disturbed physical and mental conditions are beginning to be made manifest, but Sacramento in common with most other localities has been spared devastating communicable disease epidemics. It is planned during the present year to forward the protective measures against diphtheria and smallpox by active campaigns to bring children into the hands of family physicians or clinics for this service. Efforts will be continued to prevent and minimize illnesses, especially among those who may be economically distressed.

The health department has enjoyed the full support of the city manager, James S. Dean, and has accomplished excellent results with decidedly conservative expenditures of funds.

If we have reverence for childhood, our first specific rule is to make sure of a healthy bodily development. Even apart from its intrinsic value as a source of efficient action and of happiness, the proper development of the mind directly depends upon the proper use of the muscles and the senses. * * * Only within the last generation have the advances of science and philosophy brought about recognition of the direct value of actions and a freer utilization of play and occupational activities.—John Dewey (1915).

ANOTHER REASON FOR COVERING RESERVOIRS

Within the last year, four experiences with blood worms in city water supplies drawn from open reservoirs in widely separated parts of the State have come to the attention of the State Department of Public Health. Since blood worms are not uncommon in streams, it is not unlikely the experiences are quite frequent with communities which use open reservoirs. Needless to say, the presence of these worms in drinking water represents a most disgusting condition. The only known remedies are to cover the reservoir so as to make it insect tight or to filter the water. When the worms accumulate in the dead ends of the water system thorough flushing will, temporarily, get rid of the particular deposit.

The worms resemble somewhat the larvae of mosquitoes, are one-fourth to one inch long, but have a more snake-like motion. They are the larval stage of a fly known as the "Midge" fly or Chironomus. The worms are said to be herbivorous, living on algae and other plants present in the water. The color of the worms ranges from pale to red, depending on whether they are in water with high oxygen content or in the sludge ooze where oxygen is low or absent.

According to the American Water Works Association, the midge fly lays its eggs in water weeds, floating scum, along the damp edges of a reservoir, or even on the clear surface of the water. From egg to fly, the larvae consume about five weeks. The eggs will develop in all types of water, from springs or rills to stagnant pools, and in the deepest lake bottoms. The red color of the worm is due to haemoglobin in the blood which, being an oxygen carrier, enables the worms to live where little oxygen is present. Under favorable conditions, they develop in enormous numbers and may accumulate in dead ends of a water system. Along streams they are an abundant source of food for fish.

The larvae fashion tubular shelters for themselves out of silt, which is held together by secretions of their salivary glands. The shelters resemble small tunnels open at both ends and are attached to concrete walls or to stones, or are packed away in crevices where they may be easily overlooked. The undulating motion of the worm induces a flow of food-bearing water to it through the tunnel. In the final stage of the cycle the midge fly itself emerges. It resembles the mosquito, from which the layman might not distinguish it.

One of the most important items in a nation's wealth consists in the healthfulness and vigor enjoyed by its people.—Horace Mann (1845).

LIST OF DISEASES REPORTABLE BY LAW

ANTHRAX	PARATYPHOID FEVER
BERI-BERI	PELLAGRA
BOTULISM	PLAGUE
CHICKENPOX	PNEUMONIA (Lobar)
CHOLERA, ASIATIC	POLIOMYELITIS (Epidemic)
COCCIDIOIDAL GRANULOMA	PSITTACOSIS
DENGUE	RABIES (Animal)
DIPHTHERIA	RABIES (Human)
DYSENTERY (Amoebic)	RELAPSING FEVER
DYSENTERY (Bacillary)	ROCKY MOUNTAIN
ENCEPHALITIS (Epidemic)	SPOTTED (or Tick) FEVER
ERYSIPELAS	SCARLET FEVER
FLUKES	SEPTIC SORE THROAT
FOOD POISONING	SMALLPOX
GERMAN MEASLES	SYPHILIS*
GLANDERS	TETANUS
GONOCOCCUS INFECTION*	TRACHOMA
HOOKWORM	TRICHINOSIS
INFLUENZA	TUBERCULOSIS
JAUNDICE (Infectious)	TULAREMIA
LEPROSY	TYPHOID FEVER
MALARIA	TYPHUS FEVER
MEASLES	UNDULANT (Malta) FEVER
MENINGITIS (Meningococcic)	WHOOPING COUGH
MENINGITIS (Cerebrospinal)	YELLOW FEVER
MUMPS	
OPHTHALMIA NEONATORUM	

QUARANTINABLE DISEASES

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAGUE	YELLOW FEVER

* Reported by office number. Name and address not required.

Finally we come to that one per cent, two per cent or one-tenth-of-one-per-cent which each individual can do for himself for the safeguarding of his health. This is where the big money is spent, and with least result. The printing press and radio bombard Mr. Average Citizen with health shot, grenades, and high explosives until it is no wonder he is confused, shell shocked. Note carefully that every exploiter of these agencies has something to sell. The advertising men have their imagination in the clouds, their facts and their ethics an equal distance underground. These health racketeers are not in business for their health—nor for your health. Foods, drinks, tooth pastes, soaps, special articles of clothing, patent medicines, appliances of a hundred kinds—many of them fakes and all advertised to a credulous public in the sacred name of health.—Science and Health—E. P. Lyon, in Survey Graphic.

The necessity of insuring the health of all young people as the foundation on which to build other qualities and abilities, and the hopelessness of trying to build where the body is weak, ill-nourished, or uncontrolled, is now so well recognized that it has become a commonplace. * * * Health is as important from the social point of view as from the individual, so that attention to it is doubly necessary to a successful community.—John Dewey (1915).

MORBIDITY***Diphtheria**

47 cases of diphtheria have been reported, as follows: Oakland 1, Fresno County 1, Los Angeles County 9, Culver City 2, El Segundo 1, Glendale 1, Long Beach 1, Los Angeles 23, Monrovia 1, Pasadena 1, Torrance 1, Monterey County 1, Sacramento 1, San Diego 1, Santa Clara County 1, Sonoma County 1.

Chickenpox

611 cases of chickenpox have been reported. Those communities reporting 10 or more cases are as follows: Berkeley 15, Oakland 51, Fresno 10, Kern County 14, Los Angeles County 35, Glendale 10, Los Angeles 96, Pomona 10, Orange County 17, Riverside County 19, Riverside 19, Sacramento 12, San Diego 67, San Francisco 91, San Joaquin County 11.

Measles

1315 cases of measles have been reported. Those communities reporting 10 or more cases are as follows: Los Angeles County 205, Alhambra 32, Compton 12, Culver City 17, Glendale 61, Huntington Park 18, Inglewood 14, Long Beach 12, Los Angeles 577, Pasadena 55, San Marino 10, Santa Monica 105, Sierra Madre 10, South Gate 12, Orange County 16, Ventura County 19.

Scarlet Fever

128 cases of scarlet fever have been reported. Those communities reporting 10 or more cases are as follows: Fresno County 11, Los Angeles County 11, Los Angeles 26.

Whooping Cough

588 cases of whooping cough have been reported. Those communities reporting 10 or more cases are as follows: Alameda 17, Berkeley 31, Oakland 31, Fresno County 22, Fresno 21, Los Angeles County 37, Long Beach 14, Los Angeles 46, Pasadena 16, Monterey Park 10, Sacramento 72, San Diego 24, San Francisco 87, Lodi 14.

Smallpox

32 cases of smallpox have been reported, as follows: Los Angeles County 6, Alhambra 1, Los Angeles 11, San Fernando 1, Hawthorne 1, Mountain View 6, San Jose 4, Ventura County 2.

Typhoid Fever

3 cases of typhoid fever have been reported, as follows: Pomona 2, Sacramento County 1.

* From reports received on May 1st and 2d for week ending April 29th.

Meningitis (Epidemic)

4 cases of epidemic meningitis have been reported, as follows: Fresno 1, Sacramento 1, San Diego 1, Santa Cruz County 1.

Food Poisoning

7 cases of food poisoning from San Francisco have been reported.

Undulant Fever

2 cases of undulant fever from Los Angeles County have been reported.

Coccidioidal Granuloma

2 cases of coccidioidal granuloma have been reported, as follows: Kern County 1, Los Angeles 1.

Septic Sore Throat (Epidemic)

4 cases of septic sore throat have been reported, as follows: Los Angeles County 1, San Francisco 1, Sonoma County 2.

There are two sorts of education. There is the education where you get your knowledge and the education which is equally important, of friction with other human beings and that you can not get as long as you sit by yourself in your lodgings. You only get it through rubbing your brains with those of other people. You get the corners knocked off, you learn toleration and you emerge an infinitely better fellow, able to get at work at once among your fellow men. Work will be infinitely better done if you have gone through that process of friction and massage with other human minds and men.—Rt. Hon. Stanley Baldwin.

I hope that here in America more and more the ideal of the well-trained and vigorous body will be maintained neck and neck with that of the well-trained and vigorous mind, as the two coequal halves of the higher education for men and women alike. The strength of the British Empire lies in the strength of character of the individual Englishman taken all alone by himself. And that strength, I am persuaded, is perennially nourished and kept up by nothing so much as by the national worship, in which all classes meet, of athletic outdoor life and sport.—William James (1890).

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